

## A VOICE IN SILENCE

When darkness whispers, "*You're alone,*"  
And every path feels overgrown,  
There's still a voice, both soft and small,  
A whisper saying, "*You can call.*"

You may not see tomorrow's light,  
You may be tired from every fight,  
But even stars that seem so far  
Can guide you through the darkest hour.

A smile can hide a hurting heart,  
A quiet soul can fall apart.  
So ask, "*Are you okay?*" today—  
Sometimes that question saves a life that way.

You don't have to carry pain alone,  
You don't have to face it on your own.  
Reach out a hand, let someone know,  
And give yourself a chance to grow.

For storms will pass, and wounds can heal,  
And someday you may laugh and feel  
The warmth of days you thought were gone—  
There is a reason to hold on.

So if your hope is barely there,  
A tiny spark beneath despair,  
Protect that spark, however small—  
Sometimes a whisper of hope is all.

And when you find your light again,  
Be someone's hope, be someone's friend.  
Because one small voice can help another see:  
**"Your life matters. You matter. Stay".**